



# RECREATION LACROSSE – SPRING 2015

## “WHAT’S NEXT”

1. **COACHES MEETING** - All coaches and/or assistant coaches are required to attend the coaches meeting on Thursday, March 26, 2015, at 6:00 p.m. Team rosters, schedules, rules, sportsmanship, background checks, equipment and other important information will be given to coaches at this meeting. The meeting will be held at Sandy Parks & Recreation (440 East 8680 South).
2. **Coaches will contact their players by 6:00 p.m. Sunday, March 29, 2015.** If you have not been contacted by your coach by the above deadline, please contact Sandy City Parks and Recreation at (801) 568-2900 to find out who is coaching your child. Office hours are 8:00 a.m. to 6:00 p.m., Monday through Friday.
3. **Practices will be scheduled by the coaches** and can begin on Saturday, March 28, 2015. Questions regarding your child's practice time and location should be directed to the coach.
4. **Reversible jerseys & game schedules** will be given to coaches to hand out before regular season games begin.
5. **Equipment Information:** Players will need to purchase their own equipment other than the stick. If a personal stick is used it cannot exceed the maximum length of 42 inches. Equipment may be rented through Sandy Recreation with the option to buy at the end of the season. See registration form for details.

Games will begin Monday, March 30, 2015. The season will consist of 9 games, weather permitting.  
**Please note:** Games will not be played over Spring Recess or Memorial Day weekend.

### Required Equipment for 1<sup>st</sup> & 2<sup>nd</sup> Grade:

Stick (provided to use), helmet, gloves, shoulder pads, elbow pads, mouth guard, protective cup (boys only), cleats (recommended).  
Rental deposit \$75 per player, \$50 of it refundable.

### Required Equipment for Boys 3<sup>rd</sup> - 4<sup>th</sup> Grade:

Stick (provided to use), helmet, gloves, shoulder pads, elbow pads, mouth guard, protective cup, cleats (recommended).  
Rental deposit \$75 per player, \$50 of it refundable.

### Required Equipment for Girls 3<sup>rd</sup> - 4<sup>th</sup> Grade:

Stick (provided to use), mouth guard, eyewear - goggles, gloves (optional), cleats (recommended).  
Rental deposit \$25 per player, \$20 of it refundable.

6. **EQUIPMENT PICK-UP DATES:** Sandy Parks & Recreation - 440 E. 8680 S.  
Thursday, March 26, 2015 - 3 pm to 8 pm
7. **RETURN EQUIPMENT BY:** Friday, June 19, 2015
8. **League rules can be found at:** [www.sandy.utah.gov/forms](http://www.sandy.utah.gov/forms)
9. **Rain Outs** are decided based on the condition/safety of the fields. Rain alone does not mean games will be postponed. Coaches will be given a 'rain out' hotline number to confirm games in case of inclement weather. At least one rainout game will be made up, if two or more rainouts occur. We also update our rainout hotline online: [www.sandy.utah.gov/parks](http://www.sandy.utah.gov/parks)
18. **Game Location:** Based on enrollment, additional game locations may be added, and/or changed.
19. **Refunds:** A \$15.00 bookkeeping fee will be charged on all refunds. **No refunds will be given after the first game.**
20. **Volunteer Coaches:** All coaches are parent volunteers. Your children will benefit from your involvement. Please volunteer to coach or assist your child's coach in his/her efforts. "Many hands make light work."
21. **Background Checks:** All coaches will be required to complete a background check. This will be done at the coaches meeting, or online for returning coaches. Please note: If you have previously completed a background check in a Sandy City Parks & Recreation program you will be required to complete the background application form again this season.

~ **This program is for kids to have fun, learn lacrosse skills, develop sportsmanship, and be with friends! ~**

### What to Ask Your Child After Practice or Games

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| ▯ Did you play better this week?                    | ▯ What did you learn in practice?           |
| ▯ What do you feel you need to work on?             | ▯ Can I help you improve any skills?        |
| ▯ What did the coach emphasize after the game?      | ▯ Was your opponent a good sport? Were you? |
| ▯ Are you getting in better shape?                  | ▯ What was your favorite part of the game?  |
| ▯ What is the best part of playing on the team?     | ▯ What do you like most about your coach?   |
| ▯ Were you nervous playing today? If you were, why? | ▯ How can I help you improve?               |

But the most important question is . . . ***Did you have fun playing today?***

**Thank you for choosing Sandy Parks & Recreation**